

What is claimed is:

1. A dietary supplement comprising:  
a homogenous mixture of calcium caseinate, whey protein, L-carnitine and arginine.
2. The dietary supplement of claim 1 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.
3. The dietary supplement of claim 1 wherein said calcium caseinate and said L-carnitine are present in said mixture in a weight ratio of from about 0.0667 to about 0.05 calcium caseinate:L-carnitine.
4. The dietary supplement of claim 3 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.
5. The dietary supplement of claim 1 wherein said calcium caseinate and said arginine are present in said

mixture in a weight ratio of from about 0.667 to about 0.5 calcium caseinate:arginine.

6. The dietary supplement of claim 5 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

7. The dietary supplement of claim 5 wherein said calcium caseinate and said L-carnitine are present in said mixture in a weight ratio of from about 0.0667 to about 0.05 calcium caseinate:L-carnitine.

8. The dietary supplement of claim 7 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

9. A dietary supplement comprising:  
a batch comprising about 100 kg of calcium caseinate, from about 33 kg to about 200 kg of whey protein, from about 667 g to about 5 kg of L-carnitine, and from about 6.67 kg to about 50 kg of arginine.

10. The dietary supplement of claim 9 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

11. The dietary supplement of claim 9 wherein said calcium caseinate and said L-carnitine are present in said mixture in a weight ratio of from about 0.0667 to about 0.05 calcium caseinate:L-carnitine.

12. The dietary supplement of claim 9 wherein said calcium caseinate and said arginine are present in said mixture in a weight ratio of from about 0.667 to about 0.5 calcium caseinate:arginine.

13. A method of preparing a dietary supplement, comprising:

providing calcium caseinate, whey protein, L-carnitine and arginine; and

forming a homogenous mixture by mixing said calcium caseinate, said whey protein, said L-carnitine and said arginine.

14. The method of claim 13 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

15. The method of claim 13 wherein said calcium caseinate and said L-carnitine are present in said mixture in a weight ratio of from about 0.0667 to about 0.05 calcium caseinate:L-carnitine.

16. The method of claim 15 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

17. The method of claim 13 wherein said calcium caseinate and said arginine are present in said mixture in a weight ratio of from about 0.667 to about 0.5 calcium caseinate:arginine.

18. The method of claim 17 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.

19. The method of claim 17 wherein said calcium caseinate and said L-carnitine are present in said mixture in a weight ratio of from about 0.0667 to about 0.05 calcium caseinate:L-carnitine.

20. The method of claim 19 wherein said calcium caseinate and said whey protein are present in said mixture in a weight ratio of from about 0.33 to about 2 calcium caseinate:whey protein.